

Table 3 Comparisons of clinical and blood pressure variables in group 1 (hypertension) and group 2 (antihypertensive treatment) between patients with white-coat hypertension (WCH) and those with sustained hypertension

Variable	Group 1			Group 2		
	WCH <sup>a</sup> (n = 460)	Sustained hypertension (n = 557)	P-value	WCH (n = 357)	Sustained hypertension (n = 450)	P-value
Age [mean (SD) years]	49.1 (10.5)	50.0 (11.3)	0.21	54.9 (10.1)	54.8 (10.4)	0.89
Sex (% women)	62.8	47.6	< 0.0001	63.6	44.2	< 0.0001
BMI [mean (SD) kg/m <sup>2</sup> ]	28.0 (4.7)	27.4 (4.7)	0.045	28.5 (4.8)	27.6 (4.5)	0.006
Diabetes (%)	8.3	8.8	0.76	12.0	10.2	0.41
Clinic BP [mean (SD) mmHg]						
Systolic	146.6 (11.8)	160.9 (17.4)	< 0.0001	151.2 (14.5)	164.7 (19.7)	< 0.0001
Diastolic	90.3 (7.7)	98.2 (10.4)	< 0.0001	90.0 (8.6)	97.2 (12.0)	< 0.0001
24-hour BP [mean (SD) mmHg]						
Systolic	119.7 (7.1)	139.0 (11.5)	< 0.0001	120.7 (8.3)	141.7 (12.3)	< 0.0001
Diastolic	72.5 (5.8)	85.8 (8.7)	< 0.0001	71.5 (6.3)	84.9 (9.6)	< 0.0001
White-coat effect [mean (SD) mmHg]						
Systolic	24.0 (11.6)	17.8 (14.2)	< 0.0001	28.4 (13.9)	19.6 (16.8)	< 0.0001
Diastolic	15.1 (7.6)	8.7 (8.3)	< 0.0001	16.0 (8.5)	9.2 (9.5)	< 0.0001
Dipper (%)	41.5	47.9	0.041	31.4	41.6	0.003

<sup>a</sup>White-coat hypertension defined as clinic systolic/diastolic BP  $\geq$  140/90 mmHg and mean daytime ambulatory systolic/diastolic BP < 135/85 mmHg.

SD = standard deviation; BMI = body mass index; BP = blood pressure.